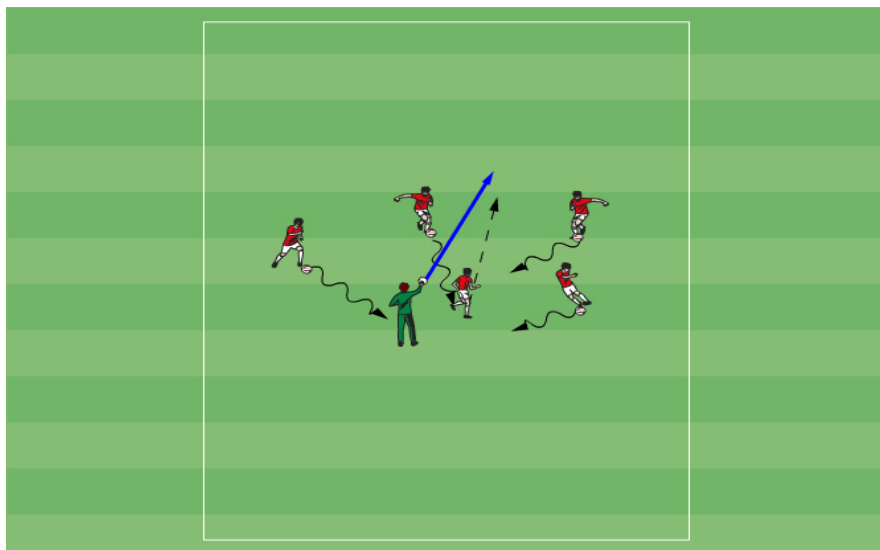




TRAINING SESSION

Back To Coach



Objective

To prepare players for athletic movement. Agility, Coordination, Balance To introduce dribbling with the head up. To introduce running with the ball.

Description

Each player has a ball. Coach stands in the middle of a playing area. One at a time each player hands their ball to the coach. The coach tosses the ball out and then has the players bring the ball using a variety of ways to move the ball. . Example: Run, pick up the ball and skip back to coach, Run pick up the ball and hop back to coach. Progress to having the players dribbling the ball back to the coach.

Key Points

Head up to find the coach. Being aware of other players. When dribbling back to the coach, can you use your laces or pinky toe when running with the ball.



Running with the Ball

Dribbling

Turning

Coordination & Balance

Agility

Basic Motor Skills

Perception & Awareness



U5 to U8



4 to 8 Players



Ball for each player. Space marked out by cones.



Intensity: Low



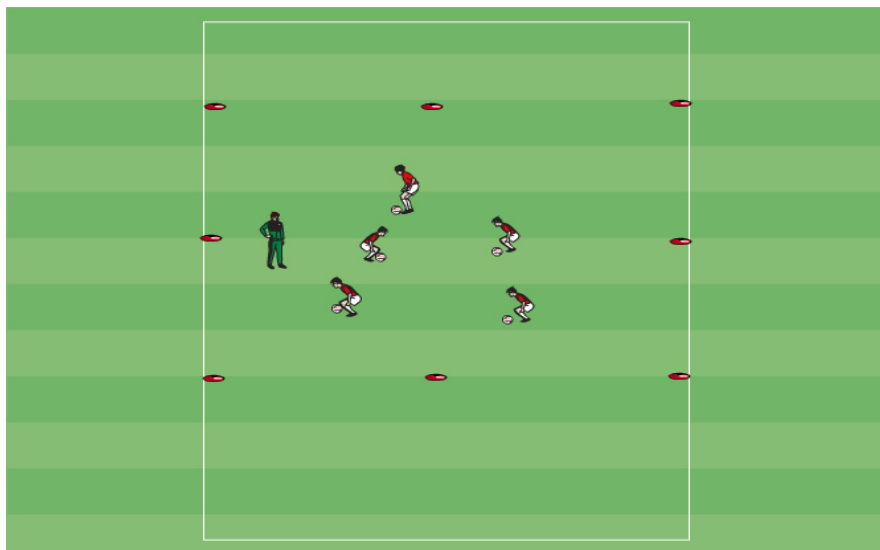
00:08 min

(4 x 01:00 min, 01:00 min rest)



TRAINING SESSION

Body Parts



Objective

To develop dribbling with the head up. To develop how to dribble and turn the ball. To develop how to run with the ball. Develop coordination, balance and agility.

Description

Each player has a ball and is inside a playing area. When the coach calls out a body part, they stop the ball with the called part. Example: Coach says "knee", all players try to stop the ball with their knee. Variations: A) Call two body parts they have to use both. Example: knee, foot. They touch the ball with their knee and then stop it with their foot. B) Coach is silent but nominates one player to stop the ball. Whatever body part that player uses, everyone else uses the same part.

Key Points

Keeping the ball within reach while dribbling. Keeping the head up when dribbling. Using the inside or outside of the foot when turning a ball. Using the laces or pinky toe when running with the ball.



Dribbling

Coordination & Balance

Basic Motor Skills

Perception & Awareness

Agility

Running with the Ball



U5 to U8



4 to 8 Players



Each player needs a ball. Create a playing area with cones for players to stay inside.



Intensity: Medium



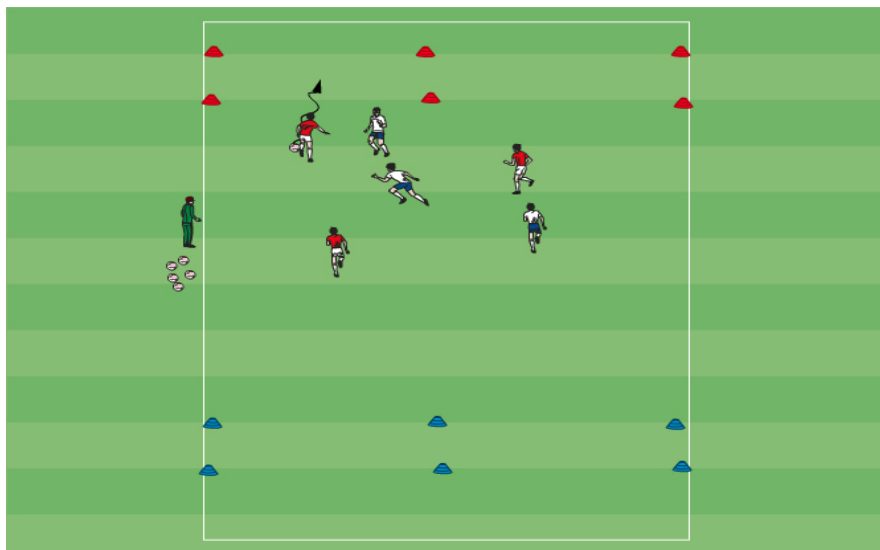
12:00 min

(6 x 01:00 min, 01:00 min rest)



TRAINING SESSION

Small-sided game to an endzone (2v2-4v4)



Objective

To develop how to dribble to keep the ball. To develop how to dribble to penetrate or go around an opponent. To develop how to run with the ball into a space. Introducing Attacking principle of play: Penetration

Description

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

Key Points

Keeping the ball close but also away from an opponent. If going forward with the ball is not an option then pass the ball to a teammate.



Dribbling
Running with the Ball
Turning
Ball Control
Individual attacking
Transition
Attacking Principles
1v1 Defending



U5 to U8



4 to 8 Players



One ball. Two teams. Cones



Intensity: High

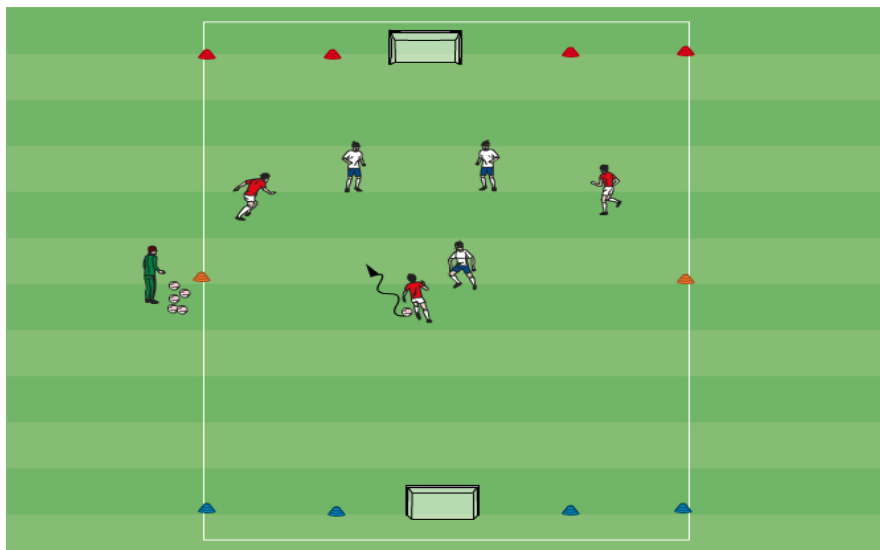


00:12 min
(6 x 01:00 min, 01:00 min rest)



TRAINING SESSION

Small-Sided Game to two goals (3v3-4v4)



Objective

Play a small-sided game. To set up conditions for players to learn from what a small-sided game can teach.

Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

Key Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling



Individual attacking
Defending Principles
Transition
Passing and Receiving
Running with the Ball
Dribbling
Turning
Shooting
Heading
Basic Motor Skills
1v1 Defending



U5 to U8



4 to 8 Players



Small goals, cones, balls



Intensity: High



00:16 min
(4 x 03:00 min, 01:00 min rest)